

Traditional Meal Pattern Breakfast			
Minimum Quantities			
<i>Meal Component</i>	<i>Ages 1-2</i>	<i>PRESCHOOL</i>	<i>Grades K-12</i>
Fluid Milk			
As a beverage, on cereal, or both	1/2 cup	3/4 cup	1/2 pint
Fruit/Vegetable/Juice¹			
Fruit and/or vegetable or, full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
Select <i>one</i> serving from each of the following components or <i>two</i> servings from one component			
Grains/Breads			
One of the following or an equivalent combination:			
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving
Whole-grain, enriched or fortified cereal	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce
Meat/Meat Alternates			
One of the following or an equivalent combination:			
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce
Cheese	1/2 ounce	1/2 ounce	1 ounce
Large egg	1/2	1/2	1/2
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.
Nuts and/or seeds ² (As listed in program guidance)	1/2 ounce	1/2 ounce	1 ounce

[illegible]